

USPA

U
SPA
BARRIÈRE



U SPA BARRIÈRE

Slate tiles, pale woods, subdued lighting, rich mosaics, a shimmering turquoise pool... In the heart of Paris, where the Champs Élysées meets the Avenue George V, this is where relaxation takes over and time stands still.

A NAME, A CONCEPT, A SENSE OF THE IDYLIC...

At the U SPA, it's all about you. Every treatment, every massage, every ritual is designed to meet your needs and desires. The only thing required of you is to let go. Our Well-Being Experts are experienced in sensing our visitors' needs and mood and then tailoring the treatment program to be uniquely yours.

IT'S ALL ABOUT YOU

The « U » in our name is emblematic of our priority: ensuring your comfort, relaxation, harmony and well-being.

SENSAI

The Japanese word SENSAI evokes a world of fineness, delicacy, grace and calm.

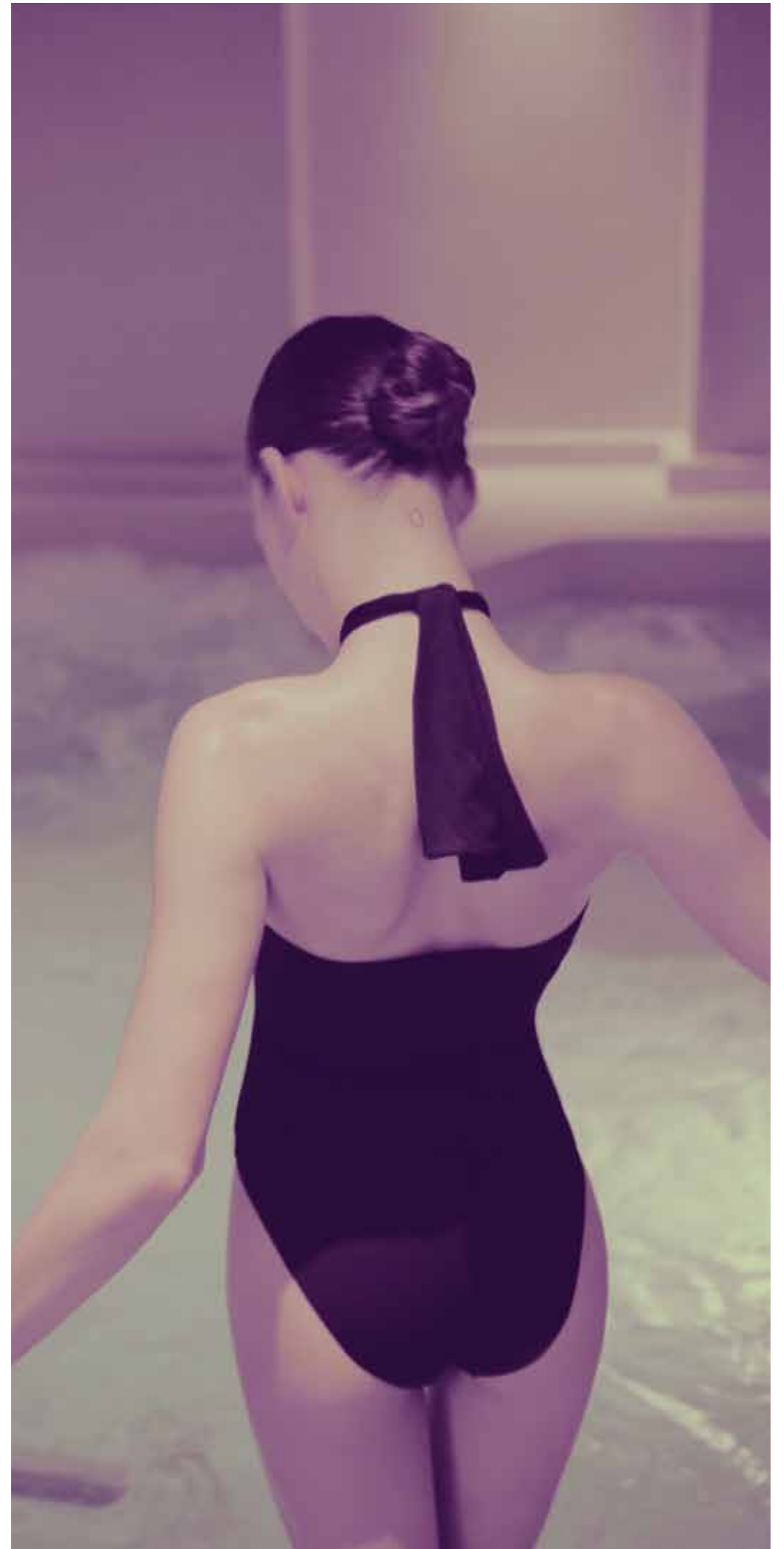
These qualities, so intrinsic to Japanese ideals of beauty, suggest an ability to see deeply into the nature of things, close attention to detail, and respect for the wisdom of past generations.

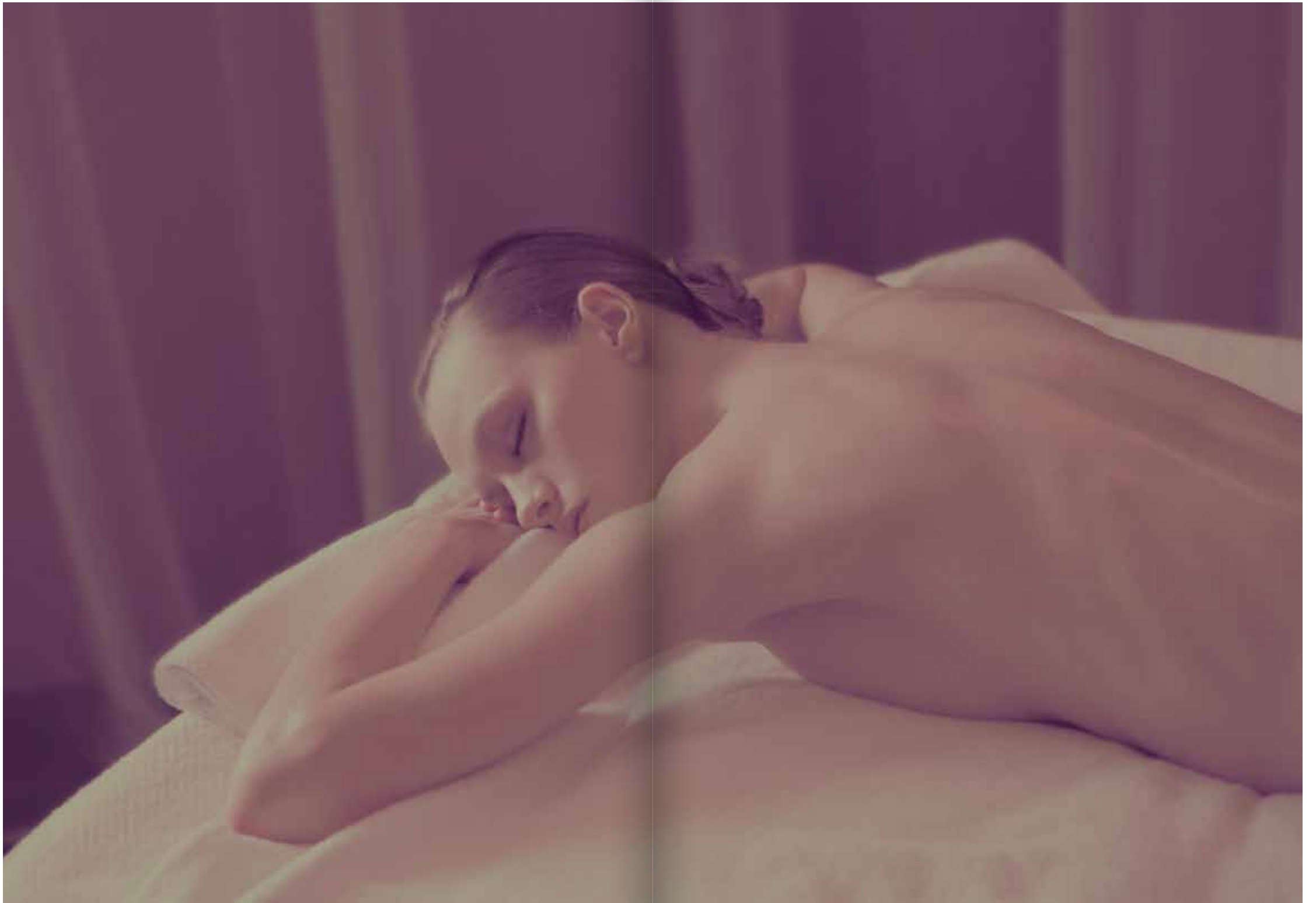
SENSAI is guided by these ideals. Our formulations feature the finest silk and natural ingredients, and meticulous skincare methods.

Drawing on time-honoured beauty traditions and cutting-edge skin technologies, they reach right down to individual cells to promote healthy, resilient, silky skin and realize your full beauty potential.

SENSAI. The ultimate skin care experience. From the ultimate skin expert.

SENSAI *Kanebo*
INTERNATIONAL





FACIAL RITUALS

They feature ancient oriental Shiatsu (finger pressure), as well as western techniques. They reflect 20 years of research into the psychological and physiological implications of stress, and the role of sensory therapy in countering stress. And, of course, they utilise only world-acclaimed, proven SENSAI products for specific facial skin zones.

SENSAI BEAUTY

Deluxe anti-ageing facial treatment featuring our most potent and luxurious product series.

80 min – 200 euros

RITSUDO

Intensive therapy to tone facial muscles to counter sagging around eyes, cheeks, mouth and facial contours.

80 min – 180 euros

SHIRABE

Intensive therapy to prevent sagging and improve resilience.

80 min – 180 euros

OKAN

Intensive therapy to counter dullness and discoloration.

80 min – 180 euros

YURAGI

Deeply moisturising treatment to boost cell vitality for specific skin types.

50 min – 150 euros

SOU

Relaxing course for oil control and refinement.

50 min – 150 euros

BODY RITUALS

They feature ancient oriental Shiatsu (finger pressure), as well as western techniques. They reflect 20 years of research into the psychological and physiological implications of stress, and the role of sensory therapy in countering stress. And, of course, they utilise only world-acclaimed, proven SENSAI products for specific body skin zones.

KOMORIUTA

Renewing Full Body Treatment with added benefit of Body Firming Mask to restore body skin firmness.

120 min – 250 euros

SENRIITSU

Double-action course to counter sagging and improve resilience.

80 min – 200 euros

KUMIKYOKU

Deeply moisturising and balancing therapy for specific skin types.

80 min – 200 euros

SHINON

Anti-water retention programme for a more streamlined silhouette.

80 min – 200 euros

ONTEI

Two-part course featuring exfoliants and emollients for a satiny finish.

25 min – 100 euros

OTO

Zone-specific course for improved texture and a more even skin tone.

45 min – 90 euros



DAY SPA

Our 'Day Spa' offer customers not staying at the hotel the opportunity to discover the sumptuous world of the U Spa. Relaxation and beauty programmes combining treatments with access to our pool, aquatic course, sauna, hammam, fitness centre and relaxation area.

ALL FOR U

- 1 Facial Ritual YURAGI or SOU
- 1 Body ritual SENRITSU or KUMIKYOKU or SHINON
- 1 Hand beautification
- 1 Feet beautification

Access to the water facilities (pool, aqua-slimming trail, sauna & hammam) and the fitness center on the same day.
500 euros

BEAUTY

- 1 facial ritual RITSUDO or SHIRABE or ONKAN
- 1 body ritual SENRITSU or KUMIKYOKU or SHINON

Access to the water facilities (pool, aqua-slimming trail, sauna & hammam) and the fitness center on the same day.
400 euros

RELAX

- 1 aromatic or For U massage (50min)
- 1 facial ritual YURAGI or SOU

or

- 1 aromatic or for U massage (80min)

Access to the water facilities (pool, aqua-slimming trail, sauna & hammam) and the fitness center on the same day.
300 euros

RELAXING BATHS

ANTI STRESS BATH

30 min – 65 euros

DETOXIFYING BATH

30 min – 65 euros

TONING BATH

30 min – 65 euros

FOUOQUET'S SIGNATURE TREATMENT

RELAX AND SPARKLE

The special SENSAI facial treatment adapted to each skin type, with an Amma facial massage combined with a specific back massage to give your skin silky softness and total relaxation.

80 min – 250 euros



THE SIGNATURES

*Personalised massages designed by the expert team
at the U Spa to meet your expectations and requirements*

PARISIAN MASSAGE

After a walk on the Champs Elysées, choose a revitalising massage of yours legs, face or back.
25 min – 65 euros

AROMATIC MASSAGE

A synergy of essential oils chosen for your needs and desires to give you a relaxing and soothing massage with comforting enveloping-type manoeuvres.
50/80 min – 140/195 euros

MASSAGE FOR U

A personalised massage combining stretching, pressure points and effleurages to relieve your muscular tension.
50/80 min – 140/195 euros

MASSAGE FOR 2

Aromatic massage or massage for U in a double treatment room.
50 min – 280 euros

HOT STONES MASSAGE

Massage performed using hot basalt stones for an intense relaxation.
50 min – 150 euros

PRE-NATAL MASSAGE

Massage using specific oil (without addition of essential oils) to soothe the body during pregnancy.
50 min - 140 euros

U4

True synergy, 4 hands coordinates for ultimate relaxation.
50 min – 260 euros

U6

Get away from it all and escape into a soft cocoon thanks to the 6- hands fusion technique.
50 min – 320 euros

LANTI-CELLULITE

A unique experience to firm the epidermis after optimizing lymphatic circulation and blood flow.
50 min – 140 euros

KNEAD AND ROLL TECHNIQUE

A treatment which removes the dimpled effect of cellulite to give your body a more harmonious look.
25min – 65euros

AYURVEDIC MASSAGE

An Indian massage of the body and scalp with warm Ayurvedic massage oil. By harmonising mind and body it improves your circulation and sleep while reducing stress and muscular tension.
80 min – 195 euros

THAI MASSAGE

Floor massage entirely based on muscle stretching for deep bodily relaxation and harmonised energy.
80 min – 195 euros

SHIATSU MASSAGE

Traditional Chinese body massage using points of pressure. Treatment encourages toxin elimination, relieves stress and brings emotional peace.
80 min – 195 euros

FACIAL LYMPHATIC DRAINING

Gentle hand massage to stimulate lymph flow, eliminate toxins, encourage skin cell cleansing and relieve congestion.
50 min – 120 euros

BODY LYMPHATIC DRAINING

Gentle hand massage to stimulate lymph flow, eliminate toxins, encourage skin cell cleansing and relieve congestion.
50 min – 150 euros

FOOT MASSAGE

Reflexology is the ancestral art of foot massage which aims to soothe your body and helps vital energy to circulate freely.
50 min – 140 euros

OSTEOPATHY SESSION

45 min – 150 euros

Package:
5 paid treatments and 1 free treatment



THE *EXCLUSIVES*

We bring together the latest generation of LPG's renowned technology, based on mechanical stimulation of areas targeted for treatment (thighs, stomach, hips, arms) and the expertise of our specialists to offer you a personalised program for strengthening, toning, or even resculpting you figure and your face.

U INTENSE

A personalized facial treatment, combined with the effectiveness of the Lift 6 cosmecanique treatment.
75 min – 150 euros

LIFT 6

The Lift 6 device stimulates facial tissues by activating the skin's natural functions. Skin is drained leaving is smoother and firmer.
30 min – 75 euros

E6

First device renowned for its ability to massage the body and reduce the look of "orange peel" skin in an efficient risk-free way. A skin workout which launches blood and lymphatic circulation favouring elimination.
45 min – 100 euros

E6 TIGHTS

30 euros

Package :

15 sessions 1200 euros

FITNESS

As the finishing touch to our excellent quality of service, we have provided our clients and members with an extensive fitness room. Individually or with the help of a coach (if required), you have access to the latest Technogym machines, divided into three areas: cardio-training, strength training and vibration (Power Plate). Classes are private, and designed according to a personalized assessment prepared by the coach.

COACHING

30 min session, 60 min session
70/95 euros
Package of 10 sessions of 60 min recommended

POWER PLATE

30 min – 65 euros
Package of 10 sessions of 30 min recommended

SWIMMING CLASS

Package of 10 sessions of 30 min
650 euros

AQUAGYM

Package of 10 sessions of 60 min
850 euros



THE MUSTS

For an even more perfect body! As cosy as ever, our wellbeing experts offer treatments tailored to your own particular beauty requirements.

DELUXE MANICURE

Nail care, scrub, wrap, massage and polish.
65 min – 85 euros

BUSINESS MANICURE

Nail care, hydration.
35 min – 50 euros

FOOT BEAUTY FOR HER

Nail Care, scrub, wrap, massage and polish.
65 min – 95 euros

FOOT BEAUTY FOR HIM

Nail care, hydration.
50 min – 80 euros

NAIL POLISH APPLICATION

15 min – 20 euros

HAIR REMOVAL FACE

Lips – 15 min – 25 euros
Eyebrows – 15 min – 25 euros

HAIR REMOVAL BODY

Arms – 40 euros
Under arms – 30 euros
Half legs – 55 euros
Legs – 70 euros
U Star Bikini – 45 euros
String Star Bikini line – 65 euros

FOR HIM

Torso – 30 min – 70 euros
Back – 30 min – 70 euros

PACKAGES

Legs, bikini line & under arms
60 min – 100 euros

Lips & eyebrows
30 min – 35 euros

COLOURING

Lashes, Eyebrows 30 min – 40 euros
Bikini 30 min – 50 euros

MAKE-UP

Beauty for U 30 min – 50 euros
Daytime make-up
Night time star 45 min – 95 euros
To dazzle Paris

HAIRDRESSING

Brushing short hair 30 min – 110 euros
Brushing long hair 45 min – 130 euros
Hair treatments 30 min – 50 euros

ON REQUEST

Barber, haidresser, make- up artist for evening beauty enhancement.

A LUNCH BREAK...

We can serve the « Palette of Delights » on our beach.
70 euros

U SPA MEMBERS

Admission fee – Contact us
Annual subscription – Contact us

After 9.00pm, prices on the list are increased by 50%.

In the room, prices on the list are increased by 25%.

MON SOIN DU VISAGE

The treatments are inspired by traditional Japanese medicine combined with French expertise in aromas and perfumery. Our experts are genuine beauty chemists, combining rituals, treatments and body and facial massages to stimulate energy circulation and tone up muscles using luxurious organic produce.

INITIATION FACIAL

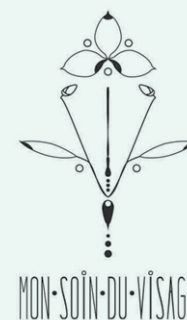
Facial including a personalised consultation, a Yuzu scrub, a shiatsu facial massage and a soothing eye and lip treatment.
50 min – 180 euros

REBORN FACIAL

Complete facial, including neck, a personalised consultation, a Yuzu scrub, a shiatsu facial and regenerating scalp massage, as well as a moisturising and lifting face pack and a soothing eye and lip treatment.
80 min – 220 euros

BODY TREATMENT

Energising body treatment including Macha tea scrub, followed by a relaxing massage and shiatsu head massage.
80 min – 250 euros





FREQUENTLY ASKED QUESTIONS

HOW TO BOOK A TREATMENT

Hotel guests may book treatments with the Butler, directly at the U Spa front desk, or by phoning 60.70 from their room. Customers not staying at the hotel should phone us on +33 (0)140 696 070 or email us at uhfb@lucienbarriere.com.

WHERE IS THE U SPA?

The U Spa is located downstairs at the Hotel Fouquet's Barrière. External Customers (not staying at the hotel) are invited to present themselves at the hotel front desk to be escorted to the U Spa. Hotel guests can access the U Spa via the lifts using room cards and may therefore enter the spa directly in a bathrobe if they wish.

CAN WE EAT AT THE U SPA?

We offer a unique menu upon request: Our range of delights is made from various fresh, low-fat produce. Fruit juices, coffee, tea, herbal beverages, energising drinks, fresh and dried fruit are available.

WHAT SHOULD I TAKE TO THE U SPA?

Bath robes, flip-flops & towels supplied in each locker as well as welcome gifts (shower gel, shampoo, conditioner, body lotion, make-up remover, shaving blade and aftershave).

WHICH ACTIVITIES ARE AVAILABLE AT THE U SPA?

A total surface area of 750 sq metres – 800 sq feet including a 15m x 6m – 50ft x 20ft pool, an aqua – slimming trail, a sauna, 2 hammams, a relaxation area, a fitness centre, 8 treatment rooms including 1 for Balneo-therapy.

WHEN IS THE U SPA OPEN?

*For hotel guests:
From Monday to Saturday
from 7.00am to 10.00pm.
Sundays from 8.00am to 9.00pm.
For U Spa members and external customers:
From Monday to Sunday
from 9.00am to 9.00pm.
Treatments:
From Monday to Saturday
from 10.00am to 9.00pm.
Sundays from 10.00am to 8.00pm.*

CAN EXTERNAL CUSTOMERS USE THE U SPA FACILITIES?

Customers not staying at the hotel may use the U Spa facilities, either by becoming a U Spa member or booking a Day Spa (specific treatment packages including access to facilities the same day). Treatment reservations do not include access to the U Spa facilities (pool, aqua – slimming trail, sauna, hammam & fitness centre).

CAN EXTERNAL CUSTOMERS HAVE TREATMENTS AT THE U SPA?

Customers not staying at the hotel may have treatments at the U Spa by booking in advance at the U Spa front desk.

ETIQUETTE

For your satisfaction and comfort, we recommend booking sessions at the U Spa in advance. If you want to cancel or change appointment times, we require at least 6 hours notice prior to appointment time. Do not come to or cancel your appointment in less than 6 hours prior to appointment time, as this will entail billing the entire session. We advise guests to arrive 10 minutes prior to appointment time to be fully relaxed before treatments. Bathrobe and slippers are available upon arrival. Under 16 year-olds are not admitted without an adult. Please inform us of any medical conditions that may require treatment adaptations. Animals are not admitted inside the spa. The U Spa is dedicated to calm and relaxation and our guests expect absolute peace. Mobile phones, alcohol and tobacco are not accepted inside the spa. The U Spa makes lockers and linen available to members. We advise guests to use safes at the hotel front desk for valuables. U Spa management reserves the right to open any locked lockers at the end of the day and remove articles found inside as the lockers are not personal lockers.

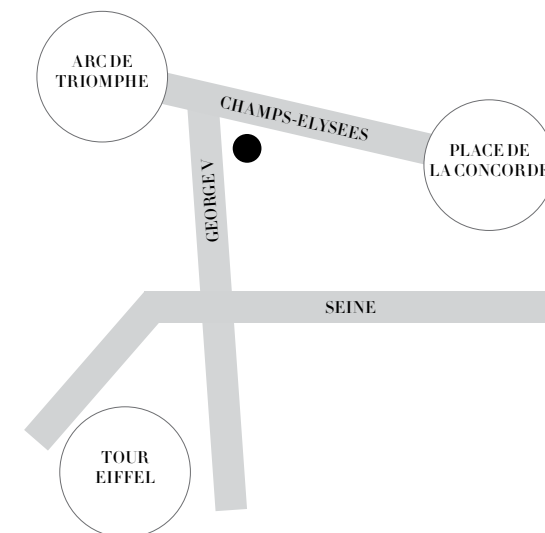
ACCES

The water facility areas at the U Spa and the fitness centre are available to:

Hotel guests
U Spa members
Day Spa

Treatments are available to:

Hotel guests
U Spa members
Customers not staying at the hotel



OPENING *HOURS*

HOTEL GUESTS :

SWIMMING POOL & FITNESS CENTRE

From 7 am to 10 pm Monday to Saturday

From 8 am to 9 pm Sunday

U SPA MEMBERS & EXTERNAL CUSTOMERS :

SWIMMING POOL & FITNESS CENTRE

From 9 am to 9 pm Monday to Sunday

TREATMENTS

From 10 am to 9 pm Monday to Saturday

From 10 am to 8 pm Sunday

INFORMATION & *RESERVATIONS*

U Spa

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DIGNIFIED LUXURY©

*Living the luxury of new experiences while living in harmony with our environment.
Dignified Luxury© is about you, about us. A never-ending love story.*





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